

DYNAMICS OF GENERAL PHYSICAL FITNESS OF YOUNG WRESTLERS

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Abstract:

В статье рассматривается и анализируется динамика общей физической подготовки борцов.

Ключевые слова: борьба, единоборства, приёмы, динамика Ю анализ, физическая подготовка.

Introduction

The modern scientific sports community faces one of the most important problems - the selection of promising athletes. Now, in connection with the use of innovative technologies, scientific progress is changing in such a way that in each area of knowledge there is an almost complete “reboot” of accumulated scientific information, which makes it possible to see the old problem from a new point of view, and within the framework of the problem under study, to streamline the procedure for selecting fighters for stage of the training process by using more accurate methods than before to identify the qualities that characterize their sports activities. Thus, a large number of children's and youth sports schools, specialized children's and youth sports schools of the Olympic reserve, sports clubs, sections provide sports training to the reserve athletes and ensure the involvement of a large number of young people in wrestling. As noted by V. G. Bauer, “children’s and youth sports schools train well-rounded, highly qualified young athletes, ensuring the strengthening of their health and diversified physical development”; train public instructors and judges from among those involved; become centers of methodological training, thereby providing assistance to secondary schools in the preparation and conduct of extracurricular sports, mass and physical education activities [1; 2]. However, as I. S. Barchukova shows, “sports improvement groups can be organized in children’s and youth sports schools for graduates of these youth sports schools who show high sports achievements in the training and competitive process and when creating the necessary conditions for their further sports improvement. The decision to open sports improvement groups is made by a higher organization, which is in charge of the children’s and youth sports school” [1]. Sports improvement is characterized by an increase in the load of a special nature, an increase in the number of competitions and an increase in their level, an increase in the volume and intensity of training work, therefore, wrestlers must have the potential to increase their sports skills. However, it is a known fact that when a graduate athlete leaves a children's and youth sports school for Olympic training centers or sports improvement groups, further



athletic growth, as a rule, slows down sharply, thus, the loss of the most promising wrestlers occurs.

Therefore, the development of minimum and maximum levels of athletes' preparedness at the stage of sports improvement is one of the most pressing problems, since at this stage the most promising athletes are screened out. The physical and technical-tactical preparedness of wrestlers is important [3; 4]. Research by a number of authors reveals issues of individual approach [5; 6; 7], as well as issues of managing the educational and training process of wrestlers [8]. Analysis of the level of preparedness of junior judokas, according to Eganov, A.V. (2014), Eliseeva E.V. (2014), is very important, since, having received information about the "weak" and "strengths" of juniors' training, the coach can determine further direction of improving the process of training athletes and planning the formation of groups of higher sports excellence [9; 10]. Consequently, it is necessary to know the level of technical, tactical and physical preparedness of junior judokas in the training process, which can be identified through a study of the dynamics of general and special physical training and discussed through the analysis and reflection of the activity, effectiveness and reliability of combat fighters' preparedness. Consequently, the study of the dynamics of general and special physical training as a reflection of the activity, effectiveness and reliability of martial artists' preparedness is relevant and timely.

Materials and methods of research. The purpose of the study was to study the dynamics of general and special physical training as a reflection (reflection) of the activity, effectiveness and reliability of the sports preparedness of junior judoists. 112 wrestlers took part in the research. The work used: proven control exercises and tests of physical fitness to study the dynamics of changes in indicators of general and special physical training of qualified junior judokas [3], the method of stenography of fights to study indicators of technical and tactical skill of wrestlers in competitive activities [3; 5; 8], as well as a Complex of information support for monitoring the physical development of school-age children (utility model patent RUS 35701 dated January 4, 2003) [11]. The technical and tactical readiness of junior judokas was assessed using indicators of reflection (reflection) of activity, efficiency and reliability and protection in situations of fighting while standing and in a prone position. At the same time, in the normative complex of levels of general physical training (GPP) and special physical training (SPP), 16 of the most informative indicators were used (Figures 1, 2 and 3). Indicators such as the time of 10 pull-ups on the bar and squats with a load, the time of throwing in special tests, the time of shuttle running and the length of a triple jump were used to assess speed-strength qualities. Indicators such as the maximum number of repetitions in control exercises, running 1600 m, time for performing special tests No. 2 and 3 were used to assess endurance. Thus, the technical preparedness of junior judokas is determined by the quality of the techniques performed in special tests.

Mathematical and statistical processing of research materials was based on recommendations widely presented and described in modern literature [3; 5; 9], based on the theory of large numbers using modern computer programs, using Excel-6.0 spreadsheets and the statistical



program Statistica for Windows v.6 (StatSoft, USA) with functions of generally accepted methods of variation statistics.

Results and its discussion. The possibility and relevance of using the proposed levels of physical fitness, physical fitness and technical and tactical readiness was experimentally tested and used in the training process of youth judo teams of Russia and the Chelyabinsk region, and was also used by graduates of children's and youth sports schools when they transferred to the group of junior judokas . Thus, the study of the dynamics of general and special physical training as a reflection (reflection) of the activity of the preparedness of the 112 martial artists we examined (Figure 1) revealed the variability of the min and max levels of general physical fitness and physical fitness indicators of qualified junior judoists, where the hand strength indicator varied from 47.2 kg to 56.9 kg; the time for 10 pull-ups on the bar varied from 11.2 s to 13.0 s; the time of 10 squats with a partner on the shoulders changed in the period of 14.44 s to 17.17 s; the time for 10 hanging leg raises on the gymnastic wall changed from 10.92 s to 12.68 s. This means that by the activity of junior judoists' preparedness there is reason to understand time as an indicator of the urgency of combatants' use of elements of general and special physical training, which make it possible to specifically ensure a high degree of readiness for sporting achievements.

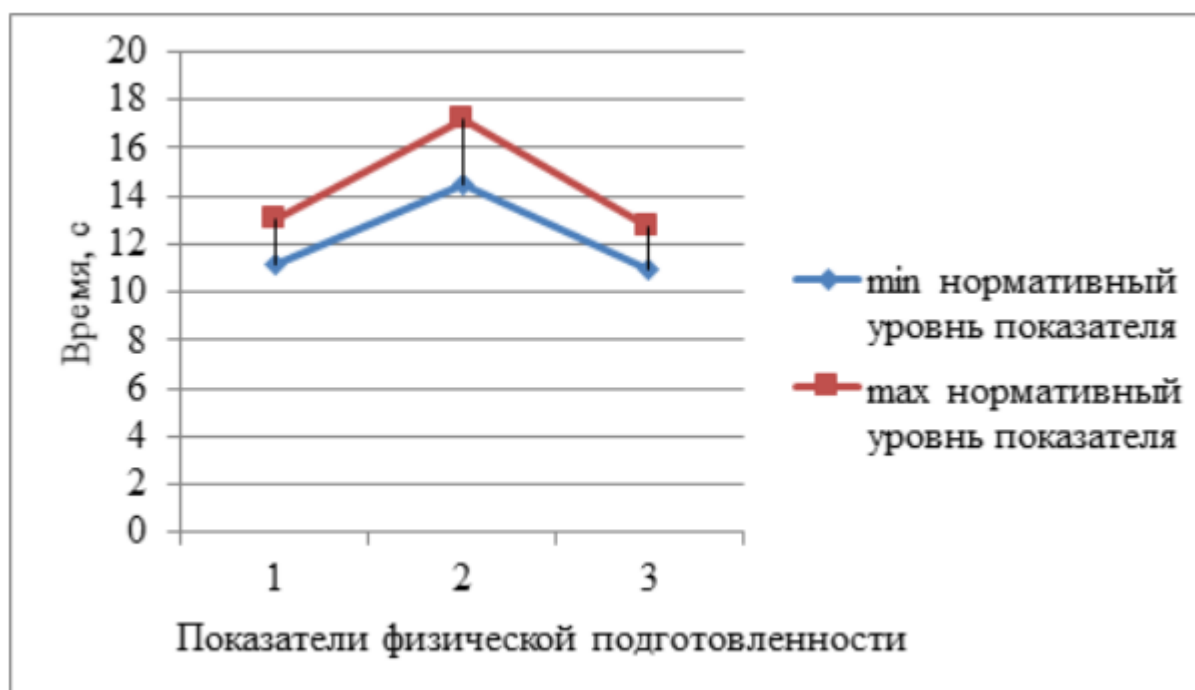


Figure 1 – Dynamics of normative levels of indicators of general and special physical training as a reflection (reflection) of the activity of preparedness of junior judokas, where: 1 – time indicator for 10 pull-ups on the crossbar; 2 – time indicator for 10 squats with a partner on the shoulders; 3 – time indicator for 10 leg raises while hanging on a gymnastic wall.



The studies we organized and conducted on the variability of general and special physical training as a reflection (reflection) of the effectiveness of the preparedness of the 112 martial artists we examined (Figure 2) revealed the dynamics of min and max levels in the indicators of such tests as: shuttle run 4x10 m, where temporary changes from 9.5 s to 11.0 s; the length of the standing triple jump varied from 756 cm to 703 cm; the maximum number of pull-ups while hanging on the bar changed from 21 times to 29 times; the maximum number of hanging leg raises – from 14.6 times to 21.3 times; the maximum number of squats with a partner on the shoulders – from 23.1 times to 32.1 times; the time of the “Running 1600 m” test varied from 5.36.2 minutes to 6.01.2 minutes; the time for performing 18 throws (special test No. 1) varied from 48.9 s to 40.31 s. This means that the effectiveness of the preparedness of junior judokas has reason to be understood as economy (non-scattered, non-distracted, focused, concentrated), which is characterized by a dense crowding of indicators at a high level of use by combatants of elements of general and special physical training, allowing to ensure a targeted high degree of readiness for sporting achievements.

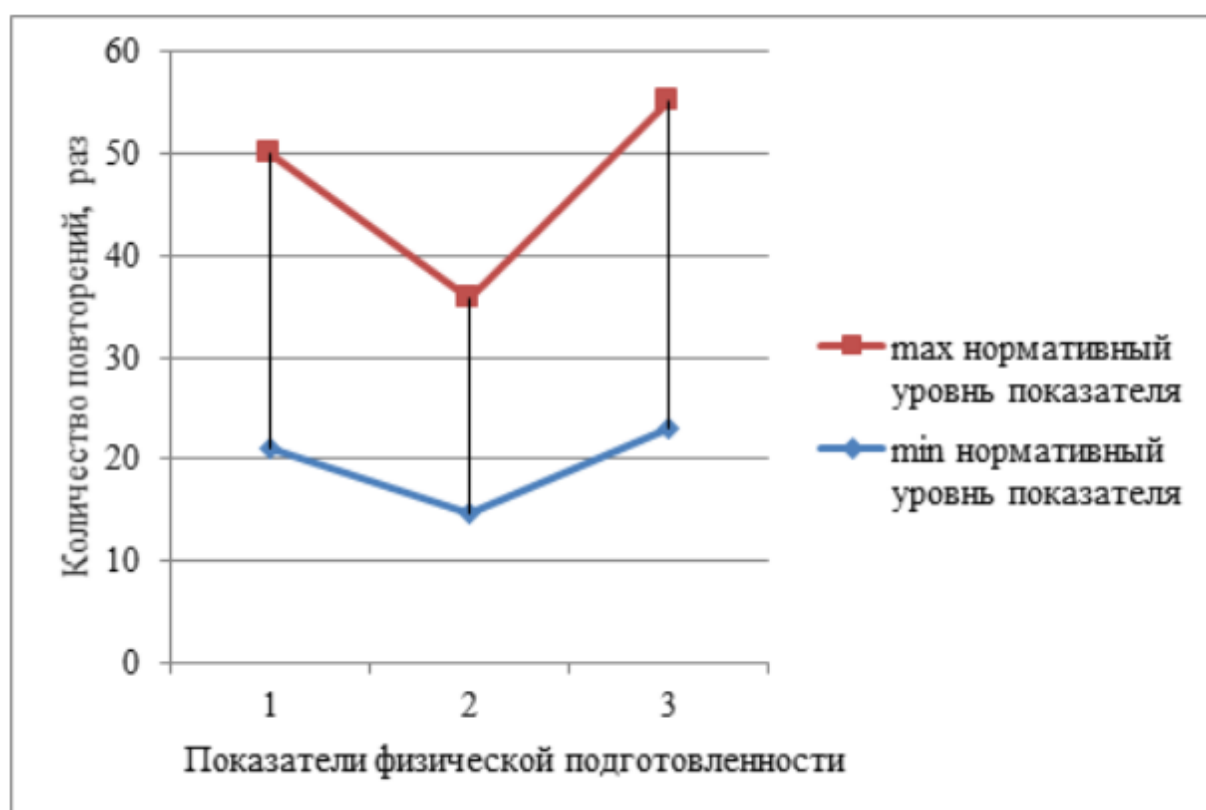


Figure 2 – Variability of standard levels of indicators of general and special physical training as a reflection (reflection) of the effectiveness of the preparedness of junior judokas, where: 1 – indicator of the maximum number of hanging pull-ups on the crossbar; 2 – indicator of the maximum number of hanging leg raises; 3 – an indicator of the maximum number of squats with a partner on the shoulders.



The study of changes in general and special physical training as a reflection (reflection) of the reliability of the preparedness of the 112 martial artists we examined suggests the following (Figure 3). A comparative analysis of the dynamics of quality indicators for performing 18 throws (special test No. 1) revealed dynamics in basic values from 8.7 conventional. units up to 9.7 conventional units; the number of acceleration throws (special test No. 2) changed from 25.9 times to 32.1 times; the quality of throws in special test No. 2 changed from 9.4 arb. units up to 9.5 conventional units; the time for performing 60 throws (special test No. 3) revealed the dynamics of values from 1.44.34 minutes to 2.01.28 minutes; the quality of 60 throws (special test No. 3) changed from 8.8 conventional. units up to 9.5 conventional units; - this means that by the reliability of the preparedness of junior judoists there is reason to understand such a complex of elements of general and special physical training that helps the athlete to stably and effectively ensure a high (specified) degree of readiness for sports achievements over a certain period of time (sports career).

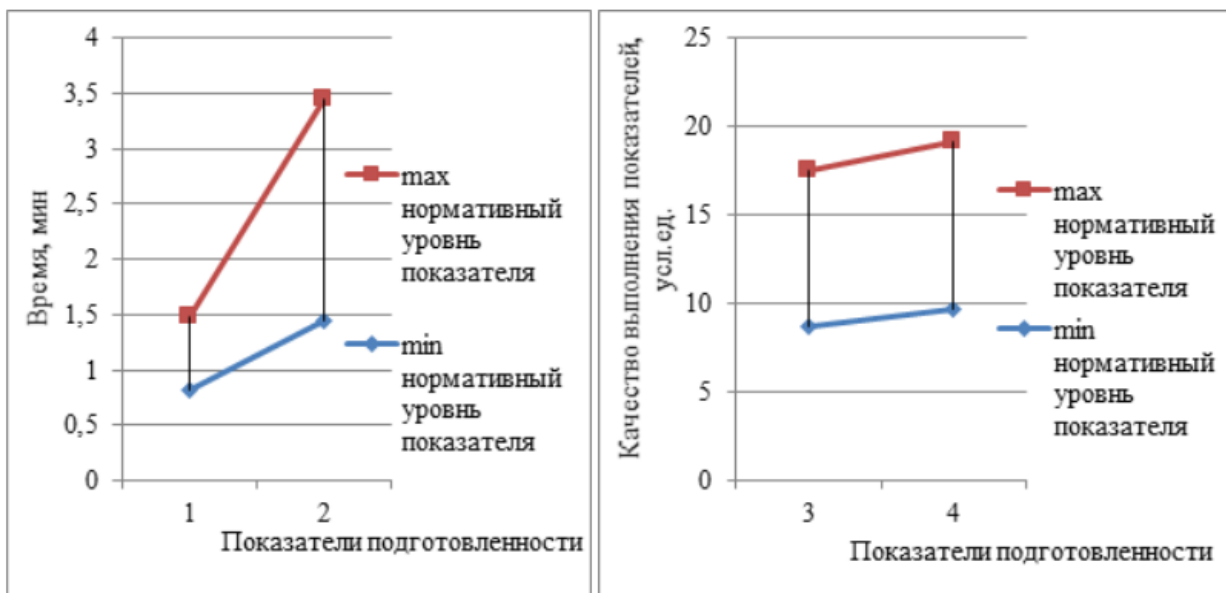


Figure 3 – Change in standard levels of indicators of general and special physical training as reflection (reflection) and a parametric indicator of the reliability of junior judoists' preparedness, where: 1 – time to perform 18 throws; 2 – time to complete 60 throws; 3 – quality indicator of 18 throws; 4 – quality indicator for 60 throws.

Thus, it was experimentally revealed that the transition from the age group of young judokas to juniors should occur without the loss of promising wrestlers, if the levels of preparedness of young athletes are reliably assessed. Analysis of the “strengths” and “weaknesses” of the preparedness of qualified judokas using the developed methodology does not exclude an individual approach and management of the training process of wrestlers at the stage of sports improvement.



Conclusions

The conducted research made it possible to see and compare the variability of the developed min and max levels of physical fitness of qualified junior judokas, to study the dynamics of general physical fitness and physical fitness as a reflection (reflection) of the activity, efficiency and reliability of the sports training of junior judokas. The tested set of proposed indicators makes it possible to more substantiate and evidence-based recruitment of sports improvement groups, Olympic reserve centers and national teams of junior judokas.

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